

Body Image

Body image is about how you see yourself when you look in a mirror or when you picture yourself in your mind



You may feel uncomfortable in your own skin, anxious, unhealthy or disempowered. Body image can have an impact on your self-esteem and confidence. The media can have an impact on what you think a 'normal' body should look like. Below we look at what influences body image and body image issues.

Top tips for a positive body image

These tips will give you some pointers on how to improve self-esteem:

- **Keep a top-10 list of things you like about yourself:** Things that are not related to how much you weigh or what you look like. Read your list often.
- **Remind yourself that true beauty is not skin-deep:** Look at yourself as a whole person, beauty is a state of mind and not a state of body.
- **Surround yourself with positive people:** It is easier to feel good about yourself and your body when you are around others who are supportive and who recognise the importance of liking yourself just as you are.
- **Clothes:** Wear clothes that are comfortable and that make you feel good about your body.
- **Body image and the media:** Reduce your amount of social and media access. Be aware of images, slogans, or attitudes that make you feel bad about yourself or your body and remember that these images may have been edited by Photoshop.
- **Do something nice for yourself:** Do something that lets your body know you appreciate it. Take a bubble bath, make time for a nap or find a peaceful place outside to relax.

<https://www.childrensociety.org.uk/mental-health-advice-for-children-and-young-people/body-image>